

The Official USU Newsletter

# the pulse

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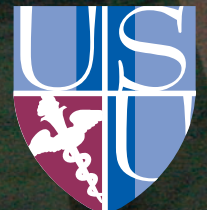
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## MyPyramid

Eat Right. Exercise.





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Photo by Staff Sgt. Matthew Rosine

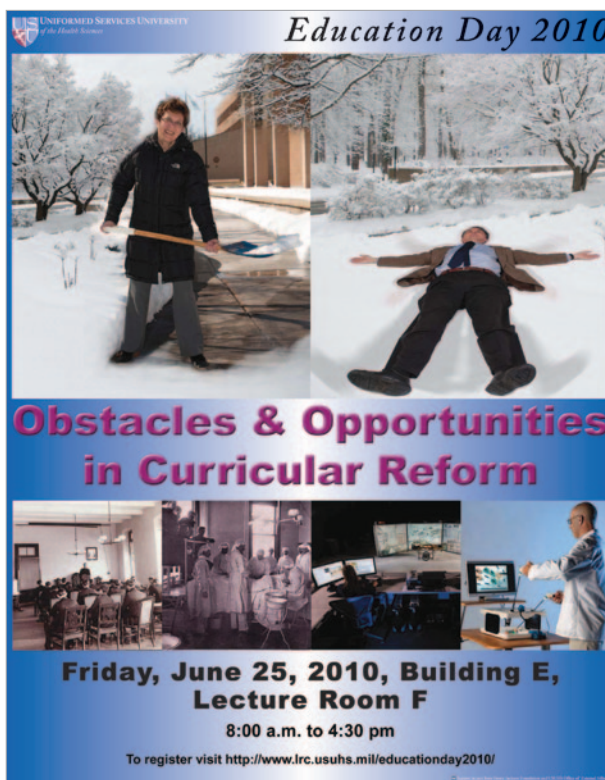
**On the cover**

Army 2nd Lt. Robert Vietor speaks to a second grade class at Belmont Elementary School in Olney, Md., about the Food Pyramid and the importance of proper nutrition. See story on page 3.



# USU holds third annual education day

By Ken Frager



The Uniformed Services University of the Health Sciences will hold its third annual Education Day, Friday, June 25, 2010. The theme, “Obstacles and Opportunities in Curricular Reform,” aligns closely with the University’s current efforts to evaluate and refine the medical school curriculum, and reinforces the objectives of continuing education for faculty, staff and students.

The full-day program will include three keynote speakers and three small group discussions related to finding a unifying concept of curriculum to integrate and energize teaching, assessing teaching and learning in an integrated environment, and the changing role of medical students in medical treatment facilities.

Featured speakers include Molly Cooke, M.D. FACP, the William G. Irwin Endowed Chair and Director of the Haile T. Debas Academy of Medical Educators at the University of California, San Francisco. Dr. Cooke will present “Individualization, Integration, Innovation and Improvement, and Identity: Medical Education for a New Era.”

“Preparing USU students for their role at Military Training Facilities” will be presented by George Weightman, M.D., Maj. Gen. (Ret.), USA, Associate Director, Chief Operating Officer and Professor, Institute for Regenerative Rehabilitation, Wake Forest University.

James G. Roudebush, M.D., M.P.H., Lt. Gen., USAF, (Ret.), who served as Air Force Surgeon General, will discuss “The Critical Intersection: Needs of the Services and Needs of the USU.”

“We are delighted to have these exceptional, nationally recognized

experts,” said Professor of Family Medicine and Faculty Development Director Cindy Wilson, Ph.D., C.H.E.S. “Their expertise and understanding of the issues will be helpful during this critical time in our history as we seek to improve and to update our medical school curriculum.”

The panels, demonstration and posters promote continuing education of faculty, staff and students at USU, and to USU’s affiliated teaching institutions. The interdisciplinary discussion of innovative and effective strategies in health sciences education will help to facilitate transfer of strategies between and among basic science and clinical disciplines.

The event is sponsored by the University Faculty Senate and made possible by funding from the Henry M. Jackson Foundation for the Advancement of Military Medicine.

Details may be found at [www.lrc.usuhs.mil/educationday2010/](http://www.lrc.usuhs.mil/educationday2010/). Event concerns or questions may be directed to Dr. Cindy Wilson at [educationday@lrcm.usuhs.mil](mailto:educationday@lrcm.usuhs.mil).

# Childhood Obesity: How can USU help?

By Army 2nd Lt. Robert Vietor and 2nd Lt. Nicole Miller, USU Family Medicine Interest Group



Photo by Staff Sgt. Matthew Rosine

*Army 2nd Lt. Nicole Miller leads a class at Belmont Elementary School in an in-place run for one minute. Students learned about proper nutrition, proper daily food portions and the importance of regular exercise. The Family Medicine Interest Group program has had great success educating children on the importance of fitness and nutrition at multiple elementary schools in the area.*

USU has been making significant efforts to increase awareness of the childhood obesity problem and teach children and parents healthier practices.

To help fight this concern, the Family Medicine Interest Group (FMIG) has a program entitled “Get Up, Get Out, Get Fit,” and has had enormous success educating children on the importance of fitness. “Fighting Childhood Obesity,” an elective for fourth-year medical students, has also taken off this past year.

Childhood obesity is a growing concern across the nation. But many people don’t really know what childhood obesity is and why it should be a concern.

Childhood obesity is defined as a child’s weight being greater than the 95th percentile according to their age- and gender-appropriate growth.

An article published in January 2010 of the Journal of the American Medical Association (JAMA) showed alarming rates of childhood obesity in the U.S. The article reported that between 2007 and 2008, 10 percent of infants and toddlers less than two years old were at or above the 95th percentile. Also, 17 percent of 2 to 19-year-olds were at or above the 95th percentile. And, almost 12 percent of 2 to 19-year olds were above the 97th percentile.

These numbers represent a significant health concern. Children who are obese are at risk for early diabetes, heart disease and even early death.

Through the FMIG program, fourth-year medical students have visited local schools to educate and excite students about healthy eating and exercise.

In April, Army 2nd Lts. Robert Vietor and Nicole Miller visited Beverly Farms Elementary School in Potomac, Md., Belmont Elementary School in Olney, Md., and Ft. Belvoir Elementary School in Virginia. The visits included discussions with the children about the food pyramid, portion sizes, daily allotments of each food group and the importance of exercise.

The key points being taught to the local youngsters were eating five fruits and vegetables each day, choosing milk over soda, completing more than one hour of exercise or play outdoors per day, and reducing screen time per day, covering television, computers and video games, to two hours.

In addition, Lieutenants Vietor and Miller are making efforts to involve parents in their children’s health and fitness.

These two USU students plan to attend PTA meetings to present a “summer fitness log” with incentives for exercise during summer vacation. They have submitted an article on childhood obesity and resources for parents to each school for publication in the school newsletters.

While USU’s efforts have been very successful so far, more work can still be done.

The FMIG is encouraging parents to educate their children. The group is highlighting the use of several Web sites, including [www.mypyramid.gov](http://www.mypyramid.gov) or [www.kidshealth.org](http://www.kidshealth.org), which are excellent resources for keeping children healthy and fit.

Students and faculty can become involved with the FMIG or students can sign up for the fourth-year elective.

“Let’s all do our part to keep children healthy and prevent early disease caused by childhood obesity,” said Lieutenant Miller.

For more information, contact Lieutenants Vietor and Miller by e-mail at [s10nmiller@usuhs.mil](mailto:s10nmiller@usuhs.mil) or [s10rvietor@usuhs.mil](mailto:s10rvietor@usuhs.mil).



# USU hosts medical fraternity visit

*Contributed by the U.S. Military Academy at West Point*

USU hosted more than 30 cadets from the U.S. Military Academy at West Point during their visit to medical facilities in Washington, D.C., and Bethesda, Md., recently.

The 31 cadets were sponsored by the Academy's Department of Chemistry and Life Science (D/C&LS) and the Phi Delta Epsilon International Medical Fraternity. Originally created in 1904, the medical fraternity is dedicated to creating physicians of integrity with a life-long commitment to the guiding principles of philanthropy, deity and education through fellowship, service, mentoring and formal training in leadership, science and ethics.

The West Point cadets' annual visit was lead by First Cadet and Past President Savannah Willson, and current President Cadet Luis Rivas of the second class, who said they had an "outstanding and memorable experience."

During the first day of their visit, the cadets went to Walter Reed Army Medical Center where they had breakfast with the hospital commander, Army Col. Norvell Coots. Then, they spent the morning seeing patients with WRAMC doctors, followed by a tour of the hospital.

The next day, some cadets toured Georgetown University Medical School and others toured the National Naval Medical Center at Bethesda.

The entire group visited the Uniformed Services University, and its National Capital Area Medical Simulation Center. Dr. Gil Muniz, the deputy director of the Sim Center met and spoke to the cadets. This facility has cutting-edge technology designed to train military medical students and resident physicians in basic and advanced medical techniques as well as immersion in a 3-D "holodeck" as combat medics.



*Courtesy photo*

*West Point chapter of Phi Delta Epsilon medical fraternity on the steps of the Uniformed Services University of the Health Sciences, Bethesda, Maryland.*

The cadets later met with USU's Associate Dean for Admissions and Recruitment, Navy Capt. Margaret Calloway, along with five West Point graduates who are now USU students. They ate lunch with the USMA alumni attending the University, who shared their advice and mentorship to these aspiring doctors.

Dr. Fred Pugh, the USMA associate dean, and D/C&LS faculty Cols. Andrew Friedman and Ronald Hann worked with Lenora Hamlett, the USU action officer, for the visit.

## NRC Commissioner tours AFRRI



*Photo by David. Morse, AFRRI*

*Commissioner of the U.S. Nuclear Regulatory Commission Kristine L. Svinicki is briefed by AFRRI Deputy Director COL Donald E. Hall, MS, USA (left foreground) and Stephen I. Miller, head of the AFRRI Radiation Sciences Department (far right), about the operation of the Mark-F TRIGA research reactor. The reactor, which is licensed by the NRC, is used in studies to determine the biological effects of ionizing radiation, knowledge that is essential to preserving the health and performance of U.S. military personnel and to protecting the public. Also from NRC and accompanying Svinicki on the tour of the defense research laboratory were (from left) Jeffry Sharkey and John Thomas. A nuclear engineer, Svinicki has worked at state and federal levels to address a wide range of issues involved in national security, science and technology, and energy and the environment.*

# Ceremony welcomes new AFRRI director

By Frank Duffy

Colonel Mark A. Melanson, Medical Service Corps, U.S. Army, became the 16th director of the Armed Forces Radiobiology Research Institute (AFRRI), in a ceremony held April 16.

He succeeds Army Col. Dr. Patricia K. Lillis-Hearne, who had served as director since July 20, 2006.

Colonel Melanson, the fourth physicist to become AFRRI director, was previously the chief of Health Physics at Walter Reed Army Medical Center and the leader of the elite U.S. Army Radiological Advisory Medical Team. He will continue to serve as the radiological hygiene consultant to the Army Surgeon General and the career field manager for the Army's Nuclear Medical Science Officers— uniformed Army health physicists.

Having earned his master's and doctoral degrees in Radiation Health Science from Johns Hopkins University's Bloomberg School of Hygiene and Public Health, the colonel is recognized internationally as an expert in the area of radiation sciences and has served as

a consultant to both the World Health Organization and the International Atomic Energy Agency.

He also served as the U.S. member of the United Nations' scientific experts team sent on three missions to the Balkans to assess the risks from NATO's use of depleted uranium munitions.

Among his many accomplishments, he is a recipient of the Defense Meritorious Service Medal, the Meritorious Service Medal with four Oak Leaf Clusters, the Army Commendation Medal with two Oak Leaf Clusters, the Joint Service Achievement Medal, the Army Achievement Medal with Oak Leaf Cluster, the National Defense Service Medal with Star Device, the Kosovo Medal with Star Device, the Global War on Terrorism Expeditionary Medal, the Global War on Terrorism Service Medal, the United Nations Yugoslavia Medal and the NATO Kosovo Medal. He also holds the Army Surgeon General's "Alpha" proficiency designator and is a member of the Order of Military Medical Merit.

## Hartgerink takes part in White House events



Courtesy photo

Retired Air Force Lt. Col. Adrienne Hartgerink, CRNA, MSN, poses in front of the President of the United States lectern in the White House East Room. Hartgerink was one of a six-person delegation from the American Association of Nurse Anesthetists to visit the White House's recent health reform event.



Photo by HM1 Michael Oliver

Army Col. Mark A. Melanson, Medical Service Corps, returns the Armed Forces Radiobiology Research Institute flag to the keeper of the colors, Master Sgt. Larry Frady in ceremony, April 16. Colonel Melanson assumed the duties of director from Col. Patricia K. Lillis-Hearne (right), Medical Corps, U.S. Army. Dr. Charles L. Rice, M.D., (left) performing the duties of the Assistant Secretary of Defense for Health Affairs, watches the exchange.



# Former USU professor receives Ratschow medal

by Staff Sgt. Matthew Rosine

A former USU professor of surgery at the F. Edward Hébert School of Medicine was recently awarded the 2009 Max Ratschow Medal.

Dr. J. Leonel Villavicencio, who served at USU for 23 years before retiring in 2005, received the award, which typically illustrates the life's work and scientific contributions of an internationally renowned scientist, from the Curatorium Angiologiae Internationalis, an international body of specialists in vascular diseases.

The medal is given "to highly accomplished scientists who have dedicated their lives to the field of vascular diseases and have the international recognition of their peers." Awardees are recognized during the Annual Congress of the Deutschen Gesellschaft of Phlebologie.

Villavicencio graduated Summa Cum Laude from the Military Medical School of Mexico in 1952. He went on to complete his surgical residency at the Military Central Hospital in

Mexico City. Following a fellowship in vascular and cardiovascular surgery at St. Luke's Presbyterian Hospital of the University of Illinois in Chicago, he received a fellowship to both the Peter Bent Brigham Hospital and Children's Hospital Medical Center of Harvard University in Boston.

As a fellow, Villavicencio researched the release of heparin by the mast cells under surgical stress; the mechanisms of fibrinolysis; and the use of human plasmin in the lysis of blood clots – both in clinical and experimental environments. He also studied the effects of extracorporeal circulation on the blood and did experimental studies on the prevention of peritoneal adhesions with the use of human fibrinolins.

His research studies of open-heart surgery oxygenators proved to be a vital part of the development of the cardiac surgery program at West Roxbury VA Hospital in Boston.

Villavicencio returned to Mexico City in 1962 and became the chairman of the Department of Cardiovascular Surgery at the Central Military Hospital of Mexico and a professor of surgery at the Military Medical School of Mexico. He was also appointed director of the surgical research and vice-chair of the cardiovascular surgery department at the Children's Hospital Medical Center in Mexico City.

Villavicencio is credited with the first successful pulmonary embolectomy with assisted circulation in Mexico; the first surgical procedure for reno-vascular hypertension in children; and the first operation for portal hypertension performed at the children's hospital in Mexico City.

He has been awarded the USU Outstanding Service Medal, membership to the prestigious Alpha Omega Alpha Honor Medical Society and an honorary appointment of Distinguished Emeritus Professor at USU.

## USU faculty member and Family Health Center among top five in Navy Medicine

The University Family Health Center (UFHC) at USU and Air Force Col. (Dr.) Brian V. Reamy, Associate Dean for Faculty and Professor of Family Medicine, were recognized recently for achieving high patient satisfaction ratings, based on the most recent Bureau of Navy Medicine Patient Satisfaction survey. RADM Matthew Nathan, commander of the National Naval Medical Center, recognized Reamy and the UFHC on May 3 in a special ceremony where he presented Dr. Reamy with the Commander's Coin.

Reamy was rated among the top five family practice physicians and the UFHC was among the top five family health centers across Navy Medicine.

"This recognition of Dr. Reamy by RADM Nathan offers an honest assessment of the role as an exceptional clinician, as a role model, and as a team leader," said Larry W. Laughlin, M.D., Ph.D., Dean, F. Edward Hébert School of Medicine. "Congratulations to the entire UFHC team for a job well done - this recognition is richly deserved."



Courtesy NNMC Public Affairs

## Funding Applications:

The USU Merit Review Committee is now accepting applications for the fiscal year 2011 USU Intramural Research Funding.

Applications may be submitted for Pilot, Standard and Exploratory grant awards for funding. This will fund new or revised applications only. Competing continuations will not be considered at this time. These applications are for research in all areas basic, clinical and behavioral.

Projects reviewed under this call will be evaluated for demonstrated relevance to military concerns and/or are specific to the USU mission.

Eligibility for funding from the University's intramural program is restricted to billeted civilian and uniformed faculty members at USU with Full, Associate or Assistant Professor titles.

Late applications will not be accepted and incomplete applications will not be reviewed.

Applications are due by June 18, 2010.

Notification of the awards should be complete on or about October 1.

Individuals applying for intramural funding, we will need a hard copy of the application with the original signatures by June 18, 2010.

Additionally, applications must be submitted electronically, as a Microsoft Word document, via email to [srasmussen@usuhs.mil](mailto:srasmussen@usuhs.mil) and [vshaw@usuhs.mil](mailto:vshaw@usuhs.mil). Submissions must also include any additional materials useful to the Merit Review Committee in assessing the proposal.

For further information contact either a grants specialist (Ms. Shaw or Ms. Gibbons) or Susan Rasmussen by phone at 295-3303.

## Professional activities:

The Department of Defense and USU policy requires that all employees, both military and civilian, receive approval for engaging in any activity outside their work environment, which involves their professional expertise or government

occupation (whether or not compensated), as well as any activity that involves compensation. This includes serving on the Board of a Non-Federal Organization.

This approval is required prior to engaging in the activity. In order to get approval, any employee can complete a USUHS Form 1004. This completed form must be approved and signed by each department chair or activity head.

These forms are available in the General Counsel's office or online at the USU OGC Web site. Completed forms must be turned in to the General Counsel's office. The form will be routed to the appropriate dean, brigade commander or USU president.

Once processing is completed, a copy of the approved form will be returned to the employee for the employee's records.

## Using Computer Resources:

Security incidents continue to be a drain to limited USU Information Assurance manpower. The following highlight current DoD policy and best practices:

Personnel must not install self-coded or non-licensed software on network resources; add, remove, configure, or attempt to modify USU computer operating systems or programs; move audio/visual or network cables, computers or attempt to connect personal computers to the network including MDL and lecture hall spaces; connect personal devices except for those previously authorized by NOC; download pornographic material and store or display offensive material, such as racist literature, sexually harassing or obscene language or material; store or process classified information on any USU system.

Personnel must not permit unauthorized individuals access to a government-owned or government-operated system or program; access online gambling, games and social engineering sites.

## Helpdesk Closure:

The NOC helpdesk is closed for training on Thursdays from 10 to 11 a.m.

During this time, you can leave a voicemail message at 295-9800, utilize the HEAT Self Service (<http://www.usuhs.mil/uis/forms/trouble.html>), or email [help@usuhs.mil](mailto:help@usuhs.mil).

If an emergency should arise, please call 295-9870.

## Exercise/Fitness Areas:

Physical Fitness training should be conducted in designated areas.

The only authorized space for PT within the university is room G060.

The campus' Student Community Lounge area is also authorized, but only during specified PFT testing dates or times.

## Faculty senate members needed:

The USU Faculty Senate is looking for faculty volunteers to fill upcoming senate positions in the upcoming year.

The Faculty Senate is a representative body providing the faculty a way to participate in the governance of the university.

The senate is an advisor to the president of the university and may pass resolutions and recommendations on issues such as education, research and faculty welfare.

The following positions will be open this coming year:

- Three positions representing the clinical department
- Four positions representing the basic science departments
- Secretary of the Faculty Senate
- President Pro-tempore of the Faculty Senate. In accordance with the USU constitution, this year's selection must be from the basic science department.

The deadline for candidacy nomination is May 10 and elections will be held in June.

Faculty interested in filling one of these positions should contact their current Faculty Senate representative or a member of the Elections and Nominations committee.



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*of the Health Sciences*

